

#FOOD

# Baking with children

A good way to spend time with children indoors is to get them into the kitchen. Many parents reading this have arched an eyebrow by now, but baking with children does them more benefit than harm. Nevertheless, how would we ever know if we do not allow them to bake along with us?

There is no denying that letting your child cook at a young age poses some risks. However, by taking appropriate safety measures, this task can prove to be a fun and eventful one. Baking is a rather safer form of cooking, where the use of fire and knife are limited.

Baking with your child creates memorable family time. It instils good family values and an opportunity for parents to bond with their children. Children will eventually be more open to their parents rather than being reticent. Years from now, they will be able to cherish these valuable memories created in their very own kitchen.

Creating something from scratch by using raw ingredients, mixing them properly, giving them form and shape, and finally turning them into edible food



requires the contribution of time and effort. This will shape your child to be more patient and resilient.

Letting your child create something from scratch that later takes an edible form will aid to boost their confidence. Being able



to say they made it will surely add a feeling of esteem in your little one. By simply letting them assist you will add a sense of importance and belonging in them. Furthermore, this will implant good eating habits for those picky little eaters.

Baking also enhances several essential skills in a child. Mixing ingredients improves their coordination and motor skills, reading and understanding a recipe enhances comprehension skills, being able to follow instructions develops useful learning practices, and cooking together creates opportunity for teamwork. It lets them explore their creativity and imagination.

Apart from all these, baking from an early age may help them find a hidden talent. As your child develops a positive attitude and interest towards cooking and culinary arts, this may eventually turn into passion and a way of life in the future. After all, if we do not allow them the experience, how will they unleash the hidden chef within them?

Get your child involved in baking with you. Don't let the fear of creating a mess or any unprecedented mishap prevent you from crafting fond memories and developing valuable habits in their childhood.

**By Fariha Amber**

**Model: Sufi Arshan Aziz**

#HEALTH &amp; FITNESS

# Ways to boost the immune system

The best way to boost our immune system is through our daily food intake. Some vitamins and minerals contain a plethora of immune boosting properties.

Vitamin C is one such great source and citrus fruits are a powerhouse of this vitamin. Good sources are orange, lemon, lime, strawberry, and red bell pepper.

Increasing our intake of vitamin E is another effective way to boost the immune system. Some common food sources are nuts, spinach, broccoli, tomato, kiwi, and mango.



Next in line of immune boosting components is vitamin A. Other than improving the functionality of our immune system, it is also known to aid in maintaining healthy vision and body growth. Vitamin A can be found plentiful in almost all food groups including poultry, dairy, fruits, and vegetables. Cheese, butter, sweet potato, carrot, lettuce, egg, and papaya are excellent options.



Vitamin D is another vital type of vitamin that amplifies the functionality of the body's immune system. The best source of vitamin D is exposure to direct sunlight for a specified time. However, if that is not possible, food such as oily fish, salmon, canned tuna, egg yolk, and mushroom prove as a source for vitamin D.

Last in our arsenal of immune boosting vitamins is vitamin B6. Not

only does this optimise one's immunity, but also allows the body to store and use energy received from food. Dairy products such as milk and cheese, fishes such as salmon and tuna, vegetables such as green peas and spinach, fruits including banana and avocado, and legumes like chickpea contain a bounty of vitamin B6.

While these five types of vitamins can enhance the immune system, there are a few minerals that make noteworthy contributions too.

Zinc is the number one mineral to perform this task and it can be found readily in almost all food groups. Red meat, legumes, seeds, nuts, whole grains, dairy food, and eggs all contain ample amounts of zinc.

Iron also plays an integral role in carrying oxygen throughout our body alongside boosting the immune system. Iron-rich food sources include meat, poultry, fish, legumes, nuts, seeds, and cruciferous vegetables.

Last in the list of immune boosters is a mineral called selenium, found in milk, yoghurt, eggs, chicken, oats, garlic, and lentils contain selenium in plenitude.

Eating a combination of food from the major food groups, while creating a colourful platter, will automatically boost the immune system and assist in maintaining a balanced diet.

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**Photo: LS Archive/ Sazzad Ibne Sayed**

